

# HIVAlliance

## STI 101 and Basic Sex-Ed

“Supporting individuals living with HIV/AIDS and preventing new infections”

[www.hivalliance.org](http://www.hivalliance.org)



What are STIs?

Bacterial STIs

Viral STIs

Prevention

Resources

# Difference between Infection and Disease

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## Infection

- When a bacteria or virus (or something else) enter one's body and begin to multiply
- Often the first stage of many diseases.
- Sexually transmitted infections may not lead to diseases. (STI)

## Disease

- When an infection has lead to cell damage or change within one's body already.
- Generally the later stages after being infected by something.
- Sexually transmitted diseases must come from an infection. (STD)

# What are Sexually Transmitted Infections?

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- STIs or **sexually transmitted infections** are passed through sexual contact (vaginal, oral, anal sex; skin-to-skin to contact)
- Sexually transmitted infections can be **bacterial** or **viral**
- **Symptoms may not always be present**
- Bacterial infections are often treated with antibiotics
- Viral infections are harder to treat with many not having a cure (yet)
  - However, most viral infections can be **managed!**

# The basics: terminology and anatomy

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- **Vagina** – female reproductive organ/genital, internal or inside the main body.
- **Penis** – male reproductive organ/genital, external or outside of the main body.
- **Anus** – opening at the end of the human digestive track. Its where our solid waste (or poop) leaves our bodies.
- **Mouth** – the opening on our faces where we eat, drink, speak and breath from.
- **Urethra** – the tube between someone's bladder and where they urinate from.

# The basics: sex and intimacy terms

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- **Vaginal Sex** – sexual activity where a penis may enter a vagina.
- **Oral Sex** – sexual activity between a mouth and genitals. Mouth-penis, mouth-vagina, mouth-anus.
- **Anal Sex** – sexual activity where a penis may enter an anus.

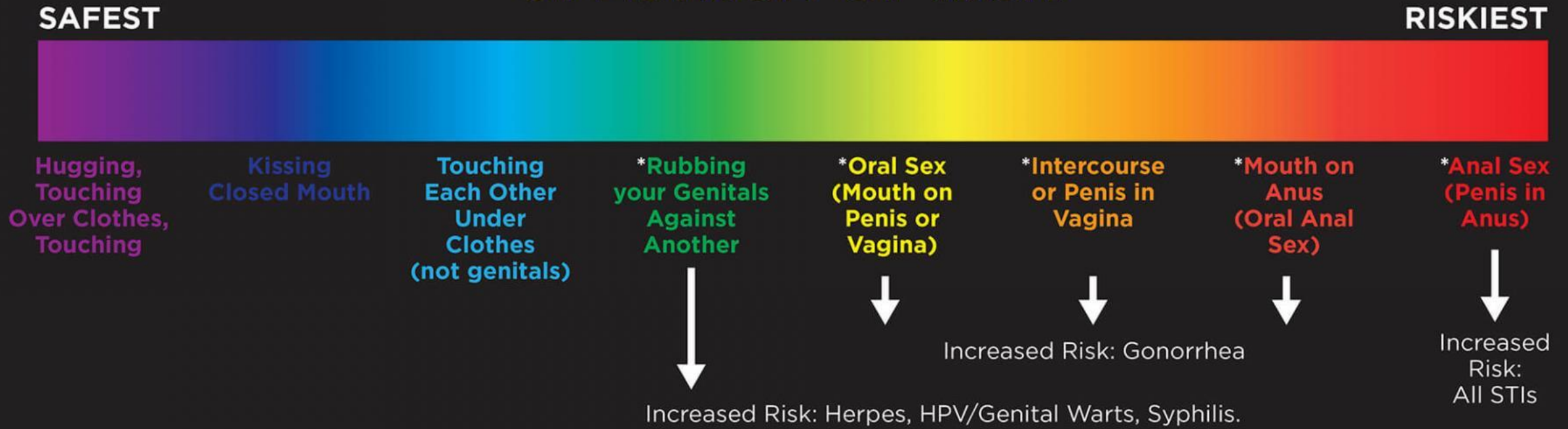
# Consent is Important (Ask FIRST!)

- Consent to sex must be freely given by all parties/partners
- Consent can be taken back after given
- Consent is informed of all that is going on
- Consent is enthusiastic and willing
- Consent is specific and honored
  
- Make sure your partner consents to the ways that you touch/kiss/love them

The infographic is titled "CONSENT" in a blue box at the top right. On the top left is the "LBR let's be real" logo. The main content is split into two vertical panels. The left panel, titled "CONSENT SOUNDS LIKE..." in blue text on a light green background, contains six white speech bubbles with green text: "This is okay", "YES", "Absolutely", "I like that", "For sure", and "Of course". The right panel, titled "CONSENT DOES NOT SOUND LIKE..." in blue text on a light pink background, contains six black speech bubbles with red text: "I'm not ready", "No", "Not tonight", "I'm not sure", "Stop", and "I guess so".

# Sexually Transmitted Infections

## SPECTRUM OF RISK



\*Correct & consistent use of a latex or polyurethane condom can prevent HIV transmission as well as reduce the risk of transmission for other STIs.

### What are Sexually Transmitted Infections (STIs)?

Certain bacteria, viruses, and other organisms (parasites & protozoa) that are usually transmitted through sexual contact (e.g. body fluids, skin to skin, &/or genital contact) with the risk varying for the type of STI. Herpes, HPV/genital warts, and syphilis are examples of STIs that may be transmitted when an outbreak or symptoms are not present. Risk increases when symptoms are present and increase the risk for infection from other STIs, including HIV.

**Contact your Health Care Provider or the University Health Center**  
<https://health.unl.edu/sexually-transmitted-disease-testing-faq>

Sponsored by the LGBTQA+ Resource Center  
[lgbtqa.unl.edu](http://lgbtqa.unl.edu)



# How do you know you have an STI?

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- Symptoms can look like these:
  - Itching, fever, pain, discharge, sore throats, chancre sores, rash, dark urine, yellowing of skin/eyes, small blisters/scabs, swollen glands, warts, etc...
  - Sometimes: no symptoms
- How do I ask my partner?
  - Work through the discomfort. It may be awkward. It's important.
  - How do you know? Testing? Go together? Share your side too.
- Diagnosis
  - A doctor can diagnose from examination and testing

# Bacterial vs. Viral infections

- **Bacteria:** single cell microorganism that thrives in many environments (extreme – to – mild temperatures)
- Generally, most bacteria cause no harm to humans.
  - Probiotics in fermented foods
  - Bacteria in our own bodies
    - 10,000+ little ‘friends’
- Antibiotics are used to fight off/treat bacterial infections
  - Watch out for antibiotic resistance!
    - Strep
- Common Bacterial Infection:
  - Streptococcus, salmonella, Tuberculosis, UTI

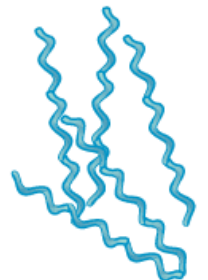
Bacterial Shapes



bacillus  
(rod)



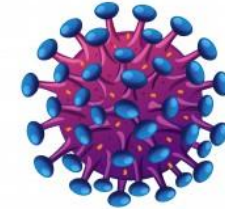
coccus  
(sphere)



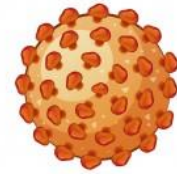
spirillum  
(spiral)

# Bacterial vs. Viral infections

- **Virus:** cell of genetic material (DNA/RNA)
  - Depends on 'host' for survival
  - Can aid the process of evolution by transferring genes among different species.
- **Transmission:**
  - Touch/saliva/air/sexual contact/blood/other
- **Common Viral Infections:**
  - Common cold, influenza, chickenpox, cold sores



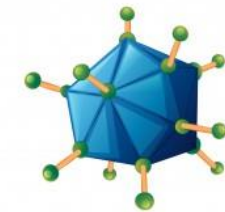
HIV



Hepatitis B



Ebola Virus



Adenovirus



Influenza



Bacteriophage

# Bacterial STIs

- Syphilis
- Chlamydia
- Gonorrhea
- Bact. Vaginosis
- Trichomoniasis

1 in 2 sexually active people will get an STD by the age of 25. Most won't know it.

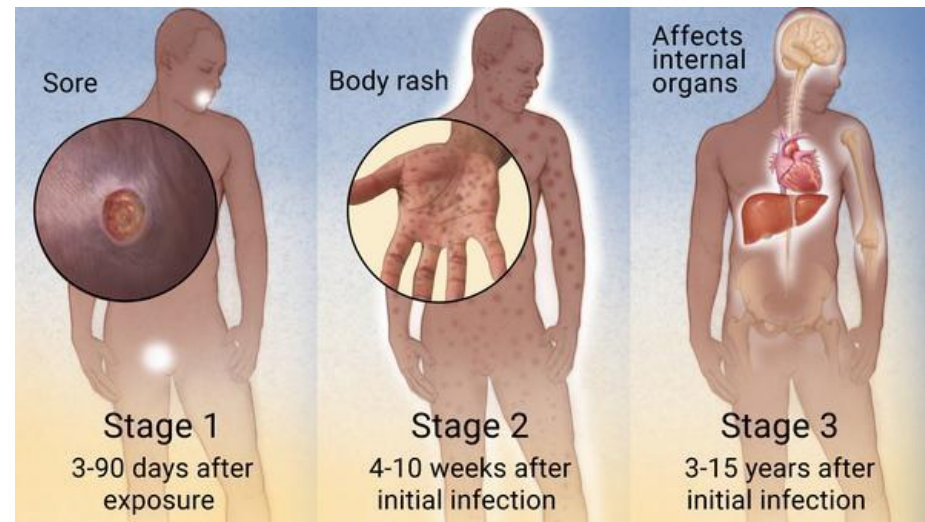


Every year there are more than **20 mil** new std cases in the U.S.

**Nearly half these cases are among young people aged fifteen to twenty four.**

# Syphilis (curable)

- STI with the potential for serious health problems.
  - paralysis, numbness, dementia
  - Tested through blood or sores
- Spread by direct contact with a syphilis sore to a mucus membrane during vaginal, anal, or oral sex.
- Sores are usually firm, round, and painless.



# Gonorrhea, Chlamydia (curable)

## Gonorrhea & Chlamydia:

- Spread by infected semen or discharge from the vagina, throat, or anus during vaginal, anal, or oral sex.
  - Usually tested by urine
  - Chlamydia can cause sever/permanent damage
- Symptoms include burning when urinating, and white/green/yellow discharge; pain and swelling in testes, and bleeding from anus.



# Bacterial Vaginosis (curable)

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- Any female can get B.V. (15 – 44 y/o)
  - Can be passed to female sexual partners, not to male sexual partners
- Occurs when there is too much of a bacteria in the vagina
  - Imbalance
- Symptoms: discharge, pain, itching, strong odor
- Can complicate births
  - Higher risk of premature birth
- Not transmittable from: toilet seats, bedding, or pools/hot tubs
- Stop douching, recommended by CDC
- Can go away on its own

# Trichomoniasis (curable)

## Trichomoniasis:

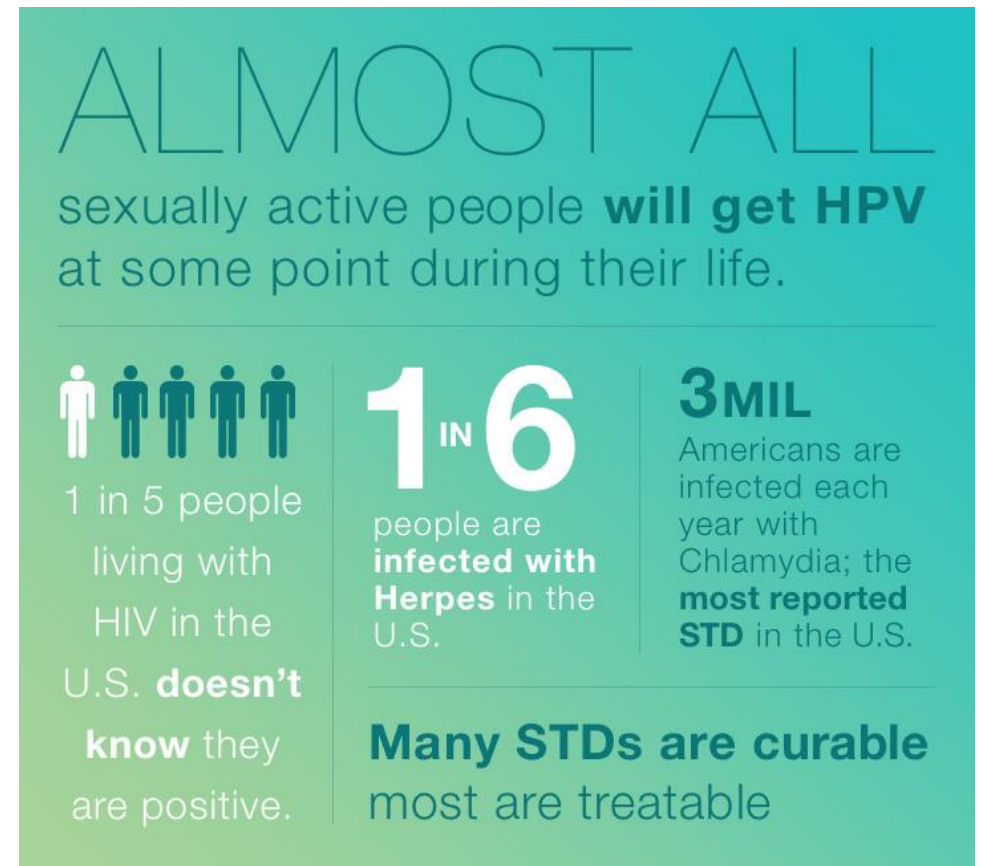
- “Trich” is a bacterial infection of the genital area caused by a parasite, only about 30% of people have symptoms
- penis-to-vagina intercourse, vulva-to-vulva contact with an infected partner.
- Symptoms include:
  - Itching, burning or irritation of the genitals
  - Thin vaginal discharge with an unusual smell which can be yellow, green, white or clear, penile discharge and/or itching and irritation
  - Discomfort with urination or ejaculation ( in men)
- Can be diagnosed by symptoms alone sometimes.





# Viral STIs

- Human Immunodeficiency Virus (HIV)
- Human Papilloma Virus (HPV)
- Viral Hepatitis
- Herpes



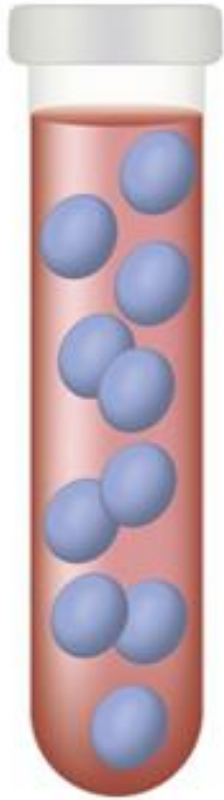
# HIV & AIDS (manageable)

## Human Immunodeficiency Virus & Acquired Immune Deficiency Syndrome

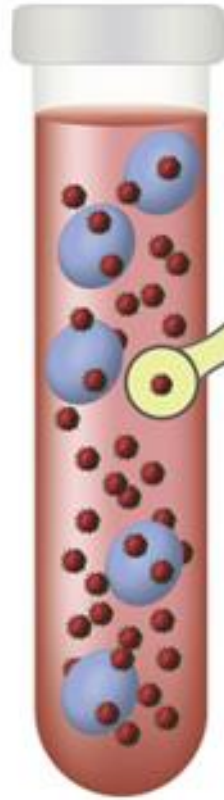
- HIV is the virus that causes AIDS
- AIDS is Acquired Immune Deficiency Syndrome and it is the most advanced stage of the disease
  - when t-cells fall below 200 m/mm<sup>3</sup> or when someone contracts an opportunistic infection (OI)
- 6 main body fluids transmit HIV
  - Blood, semen, pre-ejaculate, vaginal fluid, anal fluid, and breast milk
- Fluids that will not transmit HIV
  - Saliva, urine, feces, sweat, tears
- HIV is spread through:
  - Unprotected sex (vaginal & anal sex)
  - Needle sharing for any purpose (illegal or legal drugs, tattoos, piercings)
  - Contact with infected blood
  - HIV+ mother can transmit the virus to baby during childbirth or breastfeeding

# HIV Progression

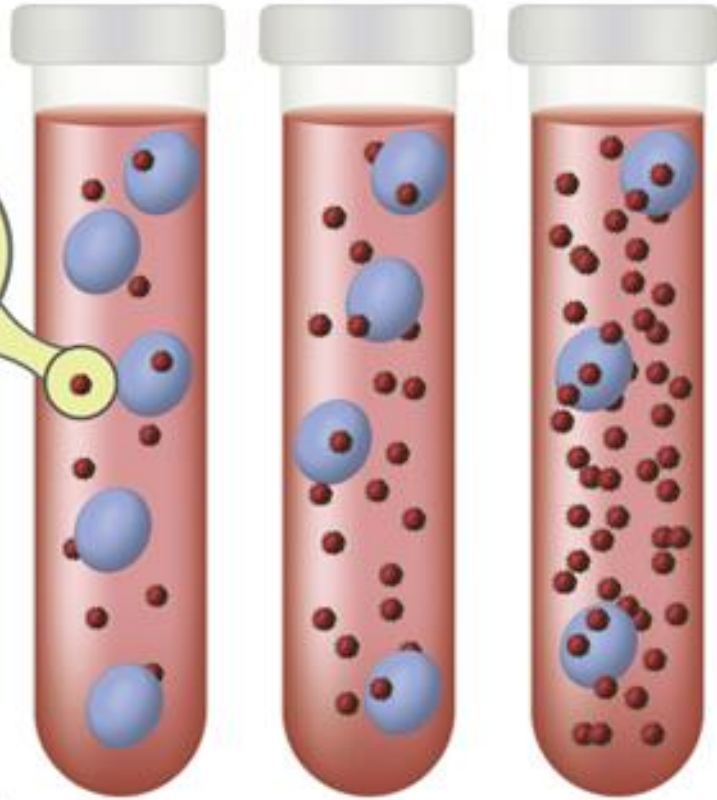
Before HIV Infection



Acute HIV Infection



Chronic HIV Infection



AIDS



Infection



Weeks to Months



Years

CD4 cell HIV



1

## Acute Infection

Flu-like symptoms that occur within first 2-4 weeks of contracting HIV infection

2

## Clinical Latency

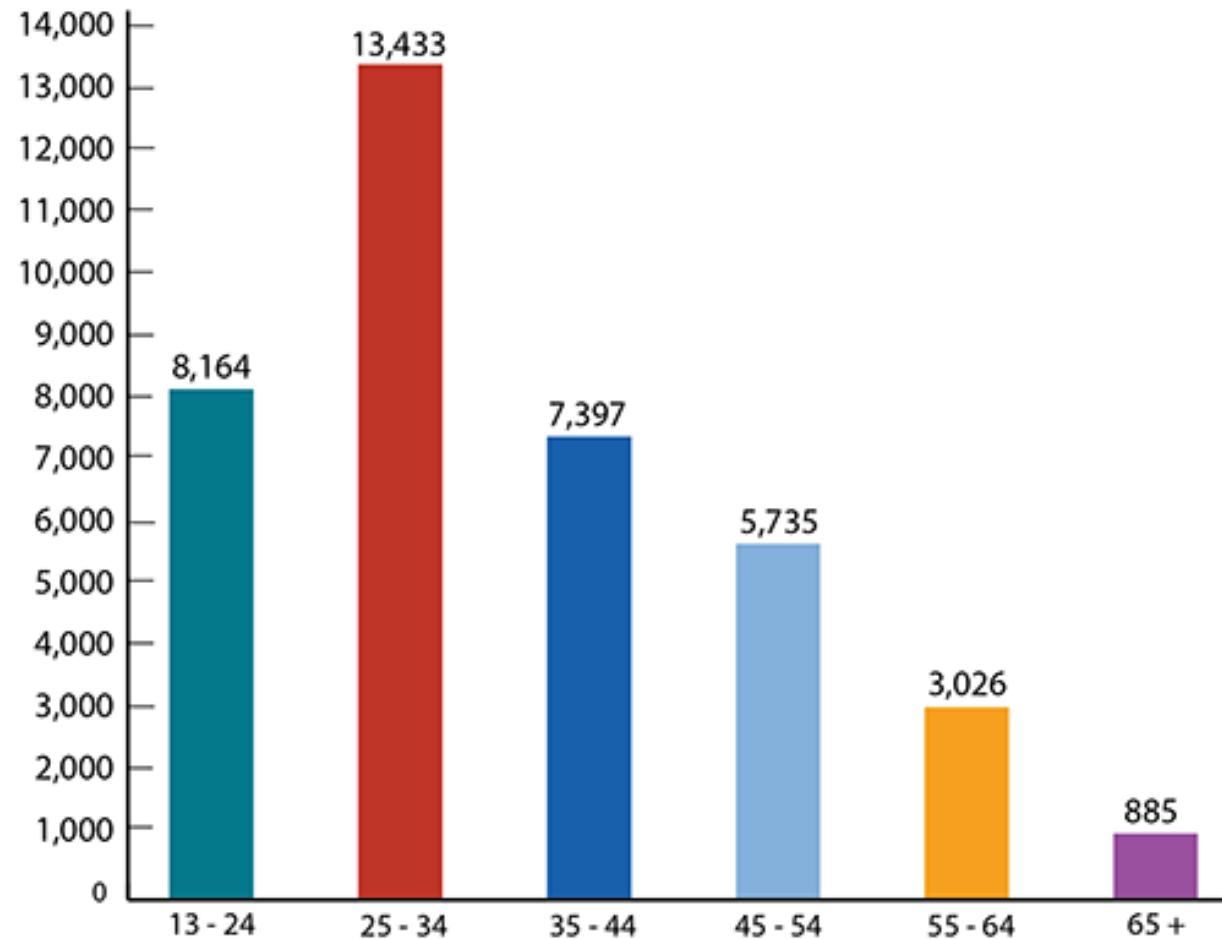
Chronic HIV infection after acute infection stage, can last up to 8-11 years, or longer in rare cases

3

## AIDS

Occurs when T-Cell (CD4) count falls below 200 cells/mm<sup>3</sup>, and vulnerable to opportunistic infections

# New HIV Diagnoses in the United States by Age, 2017



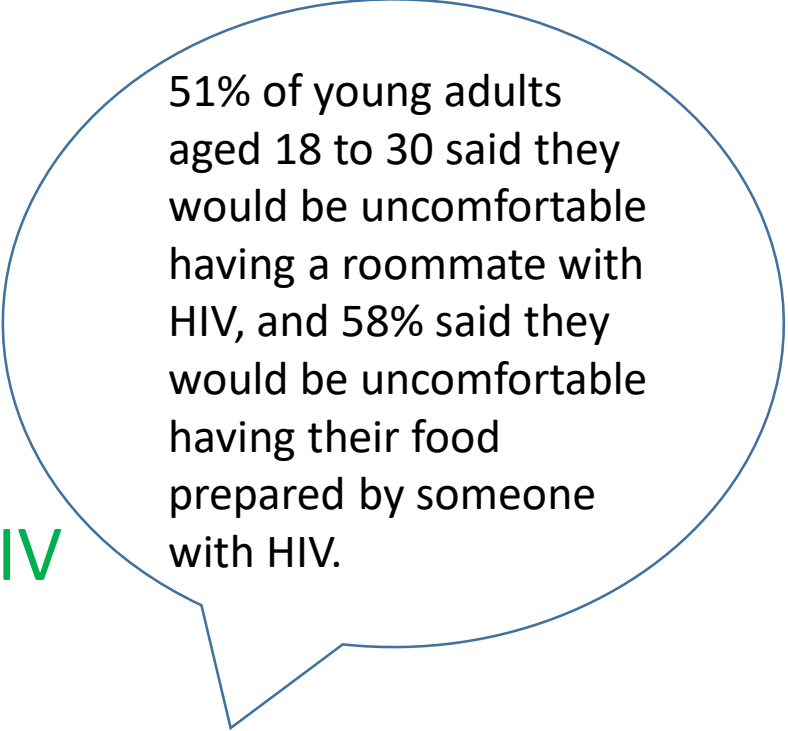
**1 in 5** of all new HIV infections are in individuals ages 13-24

# Common Misconceptions

*There are many myths and misunderstandings surrounding HIV so let's clear them up*

You **cannot** get HIV through:

- **Kissing**
- **Sharing drinks**
- **Hugging/shaking hands**
- **Working or living with someone who has HIV**
- **Bug bites (mosquitos, ticks, fleas)**
- **Using a public restroom**



51% of young adults aged 18 to 30 said they would be uncomfortable having a roommate with HIV, and 58% said they would be uncomfortable having their food prepared by someone with HIV.

# Human Papilloma Virus (HPV) (vaccine)

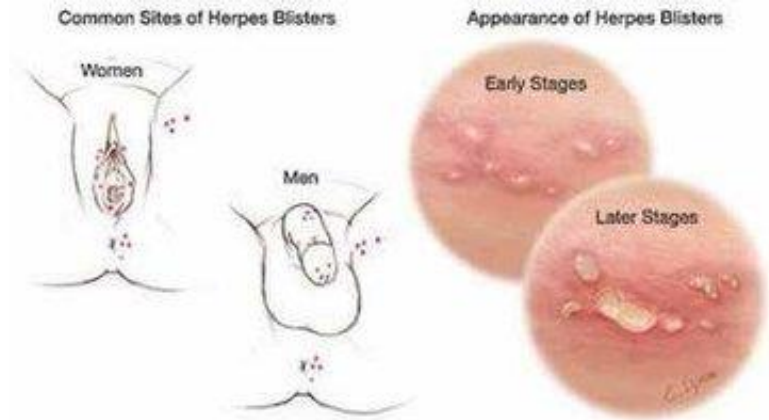
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- HPV is spread by skin-to-skin contact - during vaginal, anal, or oral sex
- Over 100 strains
- HPV is so common that about half of all men and more than 3 out of 4 women have HPV at some point in their lives
- “Low-risk” strains can lead to genital warts in men and women
- “High-risk” strains may cause cell changes that sometimes lead to cervical cancer and certain other genital and throat cancers
- Symptoms can include:
  - Itching or burning around the genitals
  - Small, bumpy warts on the genitals or anus, sometimes on the mouth or in the throat
- HPV vaccine can protect anyone against four of the HPV types that cause 90 percent of all cervical cancer cases
- No treatment or cure. Medical intervention can help with secondary problems.

# Herpes (manageable)

## Herpes: HSV 1 & HSV 2

- Transmitted by skin to skin contact with herpes infected skin, blisters, fluid, and sores through kissing, oral, vaginal, and anal sex and mucus membranes in general.
- Symptoms are not always present
- May include discharge with odor
- Outbreaks include blisters/sores which may often start out as numbness, tingling, or itching.





# Herpes (manageable)

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- Very Common
- Do condoms work? Yes and No.
- Statistics!
  - 1 out of every 6 people ages 14-49 y/o have HSV-2 (genital herpes)
    - 90% of these people may not know it!
  - 1 out of every 2 people ages 14-49 y/o have HSV-1 (oral herpes)
- Can be passed to child during birth

# Viral Hepatitis (A, B, C)

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- Hepatitis A – transferred from infected fecal particles (from anus) to the mouth (ingestion).
  - This can occur during oral sex between the mouth and the anus
  - Can occur outside of sexual contact with poor hygiene
- Hepatitis B – transferred from infected particles in blood or semen and vaginal fluid
  - Most common when not using protection (such as condoms)
- Hepatitis C – transferred only through infected blood to the blood of another person
  - Can be sexually transmitted when/if blood is present in sexual activity

# Hepatitis C (curable)



- Spread through needle sharing with an infected individual or coming into contact with infected blood
- Can cause permanent damage to liver such as liver cancer or cirrhosis (scarring of the liver)
- Acute (short term) & Chronic (long term) infections
- Some people may not have any symptoms
- Symptoms may include:
  - Flu-like feelings
  - Tiredness
  - Abdominal Pain
  - Jaundice (yellowing of the skin)
  - Joint Pain
  - Dark colored urine

With a **3-month** treatment, over **95%** of people infected with chronic hepatitis C can be cured.



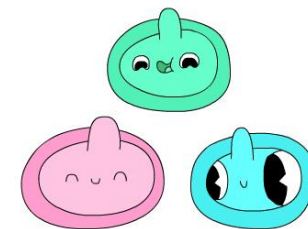
# Questions to ask your doctor

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- Do I have a viral or bacterial STI?
- Is there a treatment option?
- What treatment is best for me?
- How can I stop from getting or spreading an STI?
- If I have one STI, am I at higher risk for getting another?
- How long will my treatment last?
- Are there any side effects of my treatment?
- Are there any support groups in my area?
- If my symptoms get worse, when should call again?

# How to Protect Yourself

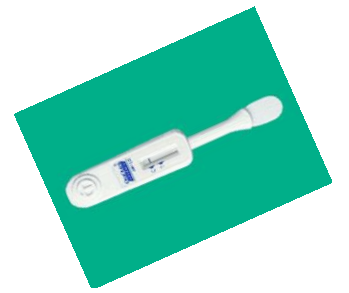
- **Abstinence** - 100% effective in preventing pregnancy and STIs
- Use **LATEX** or **SYNTHETIC** barriers/condoms/dental dams
  - No lambskin or “Naturalamb” or “Skyn” condoms
- Use **lubricant!**
  - Water or silicone-based, not oil-based as oil causes condoms to break
  - Lubricant makes using condoms more comfortable and reduce the risk of a condom breaking, especially during anal sex
- Reduce your number of sexual partners
- **Mutually monogamous** partnerships with testing



PROTECT YOURSELF

**CDC Condom Finder**

# Get Tested (Lane)



Know your status and the status of your sexual partner(s)  
*It's a quick oral swab and you get your results in 20 minutes*

**HIVAlliance**

Mon: 3:00-7:00pm  
Thurs: 6:00-8:00pm

Tue: 5:00-7:00pm

Wed: No testing  
Fri: 1:00-5:00pm

**Planned Parenthood**  
Act. No matter what.

Mon: 9:30-6:00pm  
Thurs: 10:30-6:00pm

Tue: 9:30-6:00pm

Wed: 9:30-6:00pm  
Fri: 9:30-5:00pm



Just Checking Clinic- Tue: 1:00-4:00pm \$25 Walk-in clinic for all STIs

[gettested.cdc.gov](https://gettested.cdc.gov)

# Get Tested (Douglas)



Know your status and the status of your sexual partner(s)  
*It's a quick oral swab and you get your results in 20 minutes*

**HIVAlliance**

Mon: 11:00-4:00pm

Tue: 11:00-4:00pm

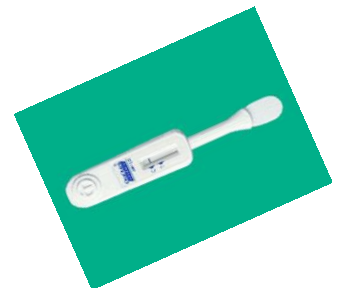
Wed: 11:00-4:00pm

Thurs: No testing

Fri: 11:00-4:00pm

[gettested.cdc.gov](https://gettested.cdc.gov)

# Get Tested (Marion)



Know your status and the status of your sexual partner(s)

*It's a quick oral swab and you get your results in 20 minutes*

**HIVAlliance**

Mon: 11:00am-1:00pm, 5:00pm-7:00pm

Thurs: 5:00pm-7:00pm



Mon: 9:00-4:30pm

Tue: 11:00-6:30pm

Wed: 11:00-6:30pm

Thurs: 10:00-4:30pm

Fri: 8:00-3:30pm

Sat: 9:00-4:30

[gettested.cdc.gov](https://gettested.cdc.gov)



# Practice Safer Sex

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- By asking your partner about their testing status/history
- Being tested regularly if you have multiple partners
- Use condoms and lubrication to reduce the spreading of fluids
- Wash and bathe regularly to maintain hygiene